

WEDNESDAY

Mortification

Commandments:

3. Keep holy the Sabbath.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



Mortification, or self-denial, is the practice of disciplining our desires and attachments so that they may be rightly ordered toward God. For St. Vincent de Paul, mortification was essential to grow closer to God and compassionately serve those in need.

"IF ANYONE WISHES TO COME AFTER ME, HE MUST DENY HIMSELF AND TAKE UP HIS CROSS DAILY AND FOLLOW ME" (Luke 9:23)

The third commandment invites us to resist the relentless pull of busyness and consumption by setting aside time solely for God. Attending Mass not only fulfills a religious obligation, but it also helps us to grow closer to God, provides us opportunities to engage in prayer and strengthen our communication with God. Mass provides us with spiritual nourishment and how to apply our faith in a meaningful way in our daily lives.

The ninth and tenth commandments caution against unchecked longing for what belongs to others. Mortification helps us quiet the noise of greed, envy, and restless longing, allowing our souls to find contentment in God alone. It teaches us that true freedom comes not from indulging every desire, but from mastering them in love.

We mortify our desires and selfish tendencies in order to open our hearts to God's presence and identify with Jesus, who gave up everything for our salvation.

QUESTIONS FOR REFLECTION

- Do I honor the Lord's Day and dedicate time to rest in Him?
- Have I allowed jealousy or envy to cloud my contentment?
- Do I indulge desires that pull me away from holiness?

